



PYRAMID HOLISTIC TRAINING CENTRE & SPA

Course Brochure

ITEC & VTCT Complementary
Therapy Courses



- Mobile : 00353 86 345 6370
- Office : 00353 74 9148549
- E-Mail : pyramidholistic@gmail.com
- Website : www.pyramidholisticcentre.ie

We Keep our class sizes small to give 'you'
the student more one to one tuition

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ITEC & VTCT Diploma's and Awards

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ITEC Level 5 Diploma in Reflexology Treatments

Our Reflexology training course is intended for those who wish to gain a recognised professional Irish qualification in an internationally recognised qualification (ITEC) in order to practice in Ireland and the world as a professional Reflexologist.

Reflexology training at Pyramid Holistic Centre is to the highest standard and quality covering both ITEC and Irish reflexologist Institute.

Case studies are required to be completed for this award. The case studies ensure that a variety of clients must be consulted and treated in all of the above areas and the outcomes of the treatments must be documented in order to gain experience of working with variety of clients and conditions whilst candidates are still under supervision

We also cover a Mental Health and Energy Module

Duration

This course will be 2 days per month for 9 months.

A&P are also covered along with Professional Business awareness module.

We also recommend that students do extra hours home study.



The Course Covers the following

History, theories and philosophies of Reflexology and its origins, Code of practice and ethics for Reflexologist's, The structure of the foot and ankle, Benefits of Reflexology, Methods of consultation, Contraindications in Reflexology, Disorders and conditions of the feet and hands, Clients reactions to treatments, Aftercare advice, Referral procedures.

THE QUALIFICATION IS SUITABLE FOR

- Anyone who wish to train as a therapist and work in the complementary field.
 - Any adult returning to education with a desire to work as a Reflexologist therapist.
 - Anyone already working as a nurse or career who may wish to become a Reflexologist therapist
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ITEC Level 5 Diploma in Holistic Massage

The main aim of the ITEC level 5 Diploma in Holistic Massage is to enable Learners to provide treatments for the purpose of relaxation and stress release.

The Candidate will study the theory of massage treatments as well as anatomy and physiology of the whole body.

The underpinning Knowledge and skills required to successfully perform a massage treatment are also required.

Case studies are required to be completed for this award. The case studies ensure that a variety of clients must be consulted and treated in all of the above areas and the outcomes of the treatments must be documented in order to gain experience of working with variety of clients and conditions whilst candidates are still under supervision .

Duration

This course will be 2 days per month for 9 months.

A&P are also covered along with Professional Business awareness module.

We also recommend that students do extra hours home study.



The Course Covers the following

Consultation techniques, Health, safety and hygiene, Body Massage techniques, The related knowledge and understanding required to perform the Massage skills, Knowledge and understanding of the principles and practice of complementary therapies, Knowledge and understanding of business practice in a complementary therapies context, Opportunities for Learners to focus on the development of their wider skills in a Massage setting such as communicating with clients, working with others and problem solving, Opportunities for Learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a Massage therapist.

THE QUALIFICATION IS SUITABLE FOR

- Anyone who wish to train as a therapist and work in the complementary field.
 - Any adult returning to education with a desire to work as a Holistic Massage therapist.
 - Anyone already working as a nurse or career who may wish to become a Holistic Massage therapist
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ITEC Level 5 Diploma in Anatomy & Physiology

This qualification enables candidates to go ahead and study a number of qualifications, upon completion candidates will have an in-depth understanding of the anatomy & physiology of the body, ideal for anybody to undergo, as this is a prerequisite to a lot of courses such as Massage, Reflexology, Body treatments etc.

Duration

This course will be 2 days per month for 4 months.

Or 1 day a Month for 8 Months.

We also recommend that students do extra hours home study.

The Course Covers the following

The Cell, The Skeleton, The Muscular System, The Nervous System, The Endocrine System, The Cardiovascular System, The Lymphatic System, The Immune System: The Respiratory System, The Digestive System, The Urinary System, The Reproductive System



THE QUALIFICATION IS SUITABLE FOR

- Any adult returning to education with a desire to work as a Massage or Reflexologist therapist for which A&P is a pre-requisite.
- Anyone already working as a nurse or career who may wish to become a complementary therapist as the A&P awards.
- Anyone involved in gym or aerobics who may have a good understanding of the body structure or who wish to add massage to their skills as the A&P is a pre-requisite for this qualification.
- Anyone who wishes to train as a beauty Therapist.

Opportunities For Progression

Students who complete the Diploma in Anatomy & Physiology, have the opportunity to progress into any Beauty, Nutrition & Complementary Therapy area including Massage and Reflexology without having to repeat Anatomy & Physiology Module. Anatomy & Physiology is also the pre-requisite for many other therapies such as Kinesiology.



VTCT Level 5

Online course with tutor support Award in Education & Training

The Level 5 Award in Education and Teaching is designed for those interested in a teaching career in further education. This could be a trainer in the private training sector or a teacher in further education. The course covers the generic teaching skills required to become an effective teacher.

Duration

This course can be worked at and completed in your own time but on average it takes 4-6 months.

Course entry requirements

There are no course entry requirements. No prior teaching experience needed.

The Course Covers the following

Understanding roles, responsibilities and relationships in education and training

Understanding and using inclusive approaches in education and training

Understanding assessment in education and training

You will also need to present a 30 minute micro-teaching session, this will be completed via Skype with one of our assessors.

Opportunities To Progress

Students who complete the Award in Education & Training, have the opportunity to progress onto the Diploma in Education & Training.

VTCT Level 7



Online course with Tutor Support Diploma in Education & Training

Special price to accommodate the teaching shortage at present.

This Diploma is for anyone who wishes to teach in their area of expertise, for example, hairdressing, beauty therapy, makeup, complimentary therapy & fitness professionals.

This VTCT teaching qualification is recognised worldwide and will take your career to the next level. This Diploma in Education and Training is mapped into the Irish framework at Level 7. It is also recognised internationally and will enable you to combine work with travel.

Duration

This course will be 6 days over 6 months, 1 day per month.

Can also be done as a one to one to suit your work arrangements, we can offer this course on a module to module bases

We also recommend that students do extra hours home study.

The Course Covers the following mandatory modules

- Teaching, Learning and Assessment in Education and Training.
- Developing Teaching, Learning and Assessment in Education and Training.
- Theories, Principles and Models in Education and Training.
- Wider Professional Practice in Education and Training Optional Units included.



These are the four mandatory modules; you will be required to do three other modules which will be chosen to suit your area of expertise.

No experience needed. The course is open to Complementary Therapies, Hairdressers, Beauty, Barbers, Gym Instructors and Personal Trainers looking to develop skills to teach in your area of expertise.

THE QUALIFICATION IS SUITABLE FOR

- Anyone who wish to teach, in the area of complementary therapy.
 - Any adult returning to education with a desire to teach in the beauty therapist area.
 - Anyone already working in the sports industry who may wish to become a sports teacher.
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VTCT Level 5 Award in Healthy Eating & Wellbeing for Complementary Therapists

This qualification is aimed at Complementary Therapists who wish to provide healthy eating and dietary advice to their clients as an additional service. This qualification will provide you with the skills to promote healthy eating in your everyday practice as a complementary therapist.

You will develop your knowledge and understanding of the role and sources of nutrients required for a balanced diet to maintain good health. You will learn how to provide general information on healthy eating.

Duration

This course is Online and can be worked at and completed in your own time but on average it takes 6-8 weeks.

The Course Covers the following

- The role and sources of nutrients required for a balanced diet to maintain good health
- Be able to provide general information on healthy eating



Deluxe Facial Massage

This is a CERTIFIED Deluxe facial massage 1-day workshop.

PLACES are limited, due to small class sizes.

Giving you more one to one attention.

A nurturing treatment for Clients using a combination of massage techniques & natural products to :

- Cleanse the skin
- Tone
- Exfoliate gently
- Mask to hydrate and boost the skin
- Massage of the Face, Neck, Head, and Scalp tailored for each client
- Moisturise the skin of the Face & Neck

Pre-requisites :

This course is suitable for beginners & qualified massage therapists, reflexologists, beauty therapists and Aromatherapists who wish to enhance their current treatments.

You will be guided through:

- Skin Types, Characteristics, Textures and Tones
- Skin Analysis
- Skin Anatomy
- Contraindications and Contra-actions
- Cleansers, Tones and Exfoliates, Masks, Massage Mediums & Moisturisers
- Product Ingredients
- Home care/Aftercare Advice
- Health, Safety and Hygiene Procedures
- Methods of Adaption
- Relevant Legislation
- Marketing
- Step by Step Demonstrations
- Practical Treatment
- Guidance & Support throughout

This course will teach you everything you need to know about offering a professional Facial Massage.

It is suitable for complete beginners and existing therapists who want to add this popular treatment to their services.



Indian Head Massage

This is 2-day Indian Head Massage Diploma is accredited by FHT.

PLACES are limited, due to small class sizes.

Indian head massage is an ancient therapy that has been practiced for thousands of years.

Its aim is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

Pre-requisites :

This course is suitable for beginners & qualified massage therapists, reflexologists, beauty therapists and Aromatherapists who wish to enhance their current treatments.

You will be guided through:

- Health & Safety, hygiene
- Professional Ethics & Standards of Practice
- Benefits of Indian Head Massage
- Different massage mediums
- Massage Movements, Techniques & Routine
- Consultations
- Contra-Indications
- Contra-Actions
- After care to prolong the benefits
- Equipment needed to practice
- Insurance
- Chakras

This course will teach you everything you need to know about offering a professional Indian head massage.

It is suitable for complete beginners and existing therapists who want to add this popular treatment to their services.

Maternity Reflexology

This 2-day Maternity Reflexology Diploma is accredited by FHT.

Maternity Reflexology can help soon-to-be-mum deal with some of the pressures that pregnancy brings. It can provide valuable mental, physical and emotional support throughout your pregnancy.

This course is designed to give you the confidence to work with pregnant clients from the moment of conception right to delivery and re-balancing the postnatal body.

Pre-requisites:

This course requires you to have a Diploma in Reflexology level 3(Uk) level 5 (Ireland)

This course is recognized towards your CPD points.

You will be guided through:

- Recap on the bones of the feet and pelvic girdle
- The organs of the female reproductive system and the respective foot zones
- Men and Womens fertility including hormones and menstrual cycle
- Problems with pre-conception
- Pregnancy trimesters and the effect it has on the systems of the body
- Contraindications for maternity reflexology
- Issues the pregnancy may bring and ways to treat it
- Body system related to pregnancy
- Adapting reflexology techniques for pregnancy
- Reflexology for the different stages of pregnancy
- Technique that support the mum true labour
- Priming labour technique
- Postnatal reflexology support



Cancer Care Reflexology

This 1-day Cancer Care Reflexology Diploma is accredited by FHT. S
€100 deposit required to secure your place.

This course focuses on addressing some of the myths, fears and issues of using Reflexology on people with cancer and explores ways in which to work safely and effectively with all patients.

We will cover Stress and physical challenges faced by the patient, orthodox treatments and their side effects.

Being able to adapt your treatments to work with patients having chemotherapy, radiotherapy, surgery, those with palliative care needs and End of Life needs.

There will be a practical session in the afternoon where students will learn gentle linking techniques.

Pre-requisite :

This course requires you to have a Diploma in Reflexology level 3(Uk) level 5 (Ireland)

This course is recognised towards your CPD points.

You will be guided through:

- Types of cancer
- Benefits of complementary therapies role as a therapist and limitations
- Supporting clients at different stages of cancer
- Effects of radiotherapy and how to treat
- Cautions and contraindications
- Protocols for treating cancer clients
- Best practices

Advanced Reflexology Techniques (ART)

This 2-day Advanced Reflexology Technique Diploma is accredited by FHT.

ART training is an excellent opportunity for qualified Reflexologists to explore advanced techniques alongside their standard Reflexology diploma training and to add to their skillset.

You will be guided through:

- What and how did Advance Reflexology methodology evolve?
- Contra Indications and reactions to treatments
- Understanding of the different techniques used in (ART)
- Recap of Endocrine, Cardiovascular, Digestive systems
- Advance Reflex Techniques for the Solar plexus, Urinary, Reproductive, Skeletal, Lymphatic system
- Advance reflex techniques for relaxation & treatment sequence.
- Explore working the Meridians lines of the body.

Pre-requisite:

This course requires you to have a Diploma in Reflexology level 3(Uk) level 5 (Ireland)

This course is recognised towards your CPD points.



Fertility Reflexology

This 2-day Fertility Reflexology Diploma is accredited by FHT.

€100 deposit required to secure your place.

This course focuses on improving your knowledge on aspects relating to conception, problems with conception and assisted conception.

At the end of this 2-day course you will be confident in your ability to work with fertility clients and know how best to help them with fertility specific Reflexology techniques.

We will guide you through:

- Repro-Assessment for men and women
- Stimulating, sedating and balancing techniques
- Weekly protocols for men and women
- Female & Male fertility
- Fertility conditions
- Conventional Approaches to diagnosis
- Assisted conception type, protocols, medication cycles & Reflexology Treatments for each one

Pre-requisite:

This course requires you to have a Diploma in Reflexology level 3(Uk) level 5 (Ireland).

This course is recognised towards your CPD points.

Hand Reflexology

This 1-day Hand Reflexology Diploma is accredited by FHT.



Hand Reflexology is based on the idea that the Reflexology points and meridians are mirrored on the hand similar to what they are on the feet. It allows for treatments to be given to people who prefer for their feet not to be touched, for people who have skin problems or injuries on their feet. And, it allows for the opportunity to give somebody a quick supportive treatment when they need it most without the ordeal of removing shoes and socks.

We will walk you through:

- Overview of the Systems of the Body
- Breathing Techniques
- Reflexology Techniques
- Effect Reflexology has on
 - Physical
 - Emotional
 - Mental
 - Spiritual
- Reflexology Technique for each of the following;
 - Positive Thinking Technique
 - Strength Technique
 - Vitality Technique
 - Metabolism Technique
 - Headache
 - Blocked Sinuses
 - Eye Strain
 - Earache
 - Toothache
 - The Common Cold
 - Hiccoughs
 - Sore Throat
 - Cough
 - Hangover
 - Tiredness
 - Sleeplessness
 - Poor Circulation
 - Stress
 - Backache
 - Premenstrual Tension
 - Constipation
 - Diarrhoea
 - Panic Attacks
 - Osteoporosis

Pre-requisite:

This course requires you to have a Diploma in Reflexology level 3(Uk) level 5 (Ireland)

This course is recognised towards your CPD points.



Integrated Energy Therapy (IET) Beginners Level

This 1-day Integrated Energy Therapy (IET) Beginners Level

You will receive a copy of the special basic level work-book and will be awarded a certificate on completion of the class.

Integrated Energy Therapy is a hands-on healing therapy system that “gets the issues out of your tissues”...for good! It is a safe and gentle way of releasing energy blockages that can cause imbalance and disease in the body. IET promotes healing in all areas of our mental, emotional, physical and spiritual selves.

Stresses in our everyday lives can create blocks in the meridian flow (which is like an ‘energy highway’) in our body.

As practitioners we work to support the body’s natural ability to establish and maintain proper balance of this channel.

Our IET training classes are powerful days of self-healing and energy therapy certification training.

In each class you will be attuned to a powerful angelic energy ray that activates your 12 strand spiritual DNA. You will learn how to heart link to the energy of your angels and use their energy for healing. You will learn how each primary human emotion is linked to a specific physical region of the body, as well as how to use the IET integration points to clear them.

A Fully illustrated training guide and Certificate provided with each class. No prior energy therapy experience is needed.

Our basic training class is a one-day class that provides you with an:

- Attunement to the Basic IET energy ray that will activate the 1st and 2nd DNA pairs and will empower you to energise and integrate cellular memory blocks.
- Location and use of the IET energy integration power points.
- Introduction to energy anatomy and the cellular memory map.
- Increase in your ability to be an energy intuitive and “ read” energy.

Integrated Energy Therapy is a completely safe energy healing technique that is a great compliment to and can be used with other healing therapies.

Pre-requisites:

This course is suitable for beginners & qualified energy therapists, reflexologists, beauty therapists and Aromatherapists who wish to enhance their current treatments.



Integrated Energy Therapy (IET) Intermediate Level

This 1-day Integrated Energy Therapy (IET) Intermediate Level

You will receive a copy of the special basic level work-book and will be awarded a certificate on completion of the class.

This class is the next step in our Integrated Energy Therapy® training system and it builds on all of the knowledge and techniques learned in the Basic Level training.

Our Intermediate Level training expands upon both the depth and the breadth of the Basic Level techniques through the Intermediate Attunement (which opens you to clear mental and karmic imprints) and through the special Integrated Energy Therapy® pullout-release technique that lets you clear imprints from the human energy field.

Intermediate Attunement: You will receive a special Intermediate Level “energy attunement” that will further open your energy field to the power of Integrated Energy Therapy® Intermediate Level ray. Our Intermediate Level attunement expands, realigns, and restructures the 3rd pair (mental) and 4th pair (karmic) of your 12 Strand DNA. Once attuned to the Intermediate Level IET Ray, you will have the ability to pull physical, emotional, mental, and karmic energy imprints out of the human energy field.

Clearing The Human Energy Field: You will learn the special Integrated Energy Therapy® pullout-release technique that will turn your hands into “energy magnets” that will allow you to easily attract and clear harmful energy imprints from the human energy field. This will allow you to clear even more difficult energy blockages. As part of this training, you will also be taught to feel and interpret energy blockages and identify the level (physical, emotional, mental, or karmic) that the energy blockages occur. You will also learn the special “pink bubble technique” that will further accelerate the clearing process.

Pre-requisite:

This course requires you to have the Beginners IET

Integrated Energy Therapy (IET) Advanced Level

This 1-day Integrated Energy Therapy (IET) Advance Level

You will receive a copy of the special basic level work-book and will be awarded a certificate on completion of the class.

While our Basic and Intermediate Level classes are focused on clearing cellular memory and the human energy field, our Advanced Level training is focused on helping you live your soul's mission and bringing your dreams alive.

Advanced Attunement: You will receive a special Advanced Level "energy Attunement" that will further open your energy field to the power of Integrated Energy Therapy® Advanced Level ray. Our Advanced Level Attunement expands, realigns, and restructures the 4th pair (soul profile) and 5th pair (soul cluster) of your 12 Strand DNA.

Once attuned to the Advanced Level IET Ray, you will have the ability to discover your soul's mission and attract members of your soul's cluster to help you live your soul's mission and bring your dreams alive.

Your Soul's Mission: The Advanced Level energy attunement will open you to a deeper connection with your 8th chakra (called the soul star) where the complete plan for your soul's mission is stored.

You will learn how to tap into the soul star energy and better understand your soul's mission through the creation of a vision board. You will also learn about the four E's of living your soul's mission and how energy blockages can prevent you from living your mission.

Muscle Tension - Relaxation Techniques: The deep energy blockages that can prevent you from living your soul's mission can easily be released through the special Advanced Level Integrated Energy Therapy® muscle tension - relaxation techniques. These techniques applied to the arms and legs will accelerate you in the living of your soul's mission.

Soul Star Clearing: This Advanced Level technique lets you work directly with the 8th chakra to activate the energy of the soul's mission and focus angelic energy to bring your dreams alive.



Heart beams - Healing the Earth: As an Advanced Level practitioner, you will be able to give back to Mother Earth by establishing columns of Integrated Energy Therapy® energy into the Earth called Heart beams.

Once established, these columns provide a permanent anchor of angelic healing energy into the Earth. These can be used to heal areas of the Earth that have suffered from human or natural devastation.

Not only will Heart beams offer healing to the Earth, but they will also offer healing to anyone who passes through them. As an Advanced Level Integrated Energy Therapy® practitioner, you can place Heart beams in your home and office. You can also place them at the entrances to schools, hospitals, train stations, airports, and anywhere lots of people will pass through.

Pre-requisite:

This course requires you to have the Intermediate IET

Introduction to Holistic Therapies

Available Online or Classroom Based

Introduction to Holistic Therapies-
Reflexology, Aromatherapy & Massage

This is a 4 week course 3 hrs per week is designed for anyone with an interest in holistic therapies who want to develop some skills in the area.

This course will have progression options which lead into ITEC accredited Diploma in Reflexology, Diploma in Massage or a Diploma in Aromatherapy if you wish to continue.

Information Booklet supplied on all topics covered.

Course Content

- Introduction to reflexology
- History of reflexology
- Techniques
- Introduction to aromatherapy
- History of aromatherapy
- Oils
- Benefits of oils
- Introduction to Massage
- Demonstration of back massage.
- Different uses of aromatherapy, carrier oils/ essential oils.
- Demonstration and practice of hand massage.
- Revision and practice of massage techniques.

Pre-requisites :

This course is suitable for beginners



EMMETT Technique Short Course

This 1 day course
which Includes a Certification of Attendance.

The EMM-Tech Short Course was created by Ross Emmett so that non-therapists would have the opportunity to use some of his work to help themselves, friends and family. The course contains 11 moves which have been specially selected from the EMMETT Technique Practitioner Course.

Pre-requisite

No prior experience is necessary to attend a course. It can be taken by anyone. The course is suitable for anyone who has an interest in releasing their own muscle tensions or helping others release their.

You will learn how to recognise when areas of the body are too tight and how to release the tension in 11 muscles in the legs, shoulders, back and neck. The results from these moves are usually immediate - you will be able to see and feel the changes for yourself and after a short demonstration and practise you will be able to achieve the same kind of results for yourself and others.

What will be covered?

- Body symmetry/balance
- Fast, effective quad/hamstring releases
- Increase lung capacity
- Aid power in grip/shoulder strength
- Increase general body flexibility
- Aid lung capacity
- Assist leg cramping
- Assist grip strength
- Aid release shoulder restriction
- Assist congestion of lower limbs
- Aid knee pain
- Improve hand grip strength
- Improve shoulder movement and neck rotation
- Increase stability
- Grip strength improvement
- Help lower leg difficulties
- Aids breathing difficulties
- Increase shoulder movement
- Improve neck restriction
- Hand co-ordination
- Balance1
- Neck rotation
- Respiratory

